CxMP™

PD131

Pedometer Watch

User Manual 1.0

www.cxmp.com

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For Chinese Manual, please download it at www.cxmp.com

GETTING START

Thank you for using our PD131 pedometer watch! It uses accurate 3-dimensional gravity sensor (accelerator) to measure the walking or running steps.
All the collected data will be stored on the data log of the watch. User can read and understand their body condition easily. The watch provides also the stopwatch and count down timer counting in order to suit for various user requirements.

IMPORTANT: This is the product for the purpose of sport only. It is not intended to replace any medical devices.

PRODUCT ELEMENTS

The package consists of following elements:-
Pedometer Watch - It uses the 3-Dimension Gravity Sensor (accelerator) to measure the steps taken. Besides, it can distinguish whether you are under running or walking status, and calculate the distance traveled, calorie consumed and fat burned.
Besides of the pedometer, the watch provides also the scheduler feature, it can preset the starting time of the pedometer up to 30 days of record. You are required to wear the watch properly and swing your hand liberally to get the accurate data after inputting your strike lengths.
As the watch will recognize your running or walking through the sensor, it may cause inaccurate if you hold your hand to check the step taken, distance traveled…from the watch.

Running

Walking

Battery - This product used CR2032 (3V Lithium battery) (Already installed in the Pedometer Watch)

PEDOMETER WATCH

BUTTONS

1. BACKLIGHT/OPTION [OPTION/*]
2. MODE [MODE]
3. UP/+/START/STOP [</START]
4. DOWN/-/LAP/RESET [LAP/>]

To simplify the user manual, the button name will follow the below table：

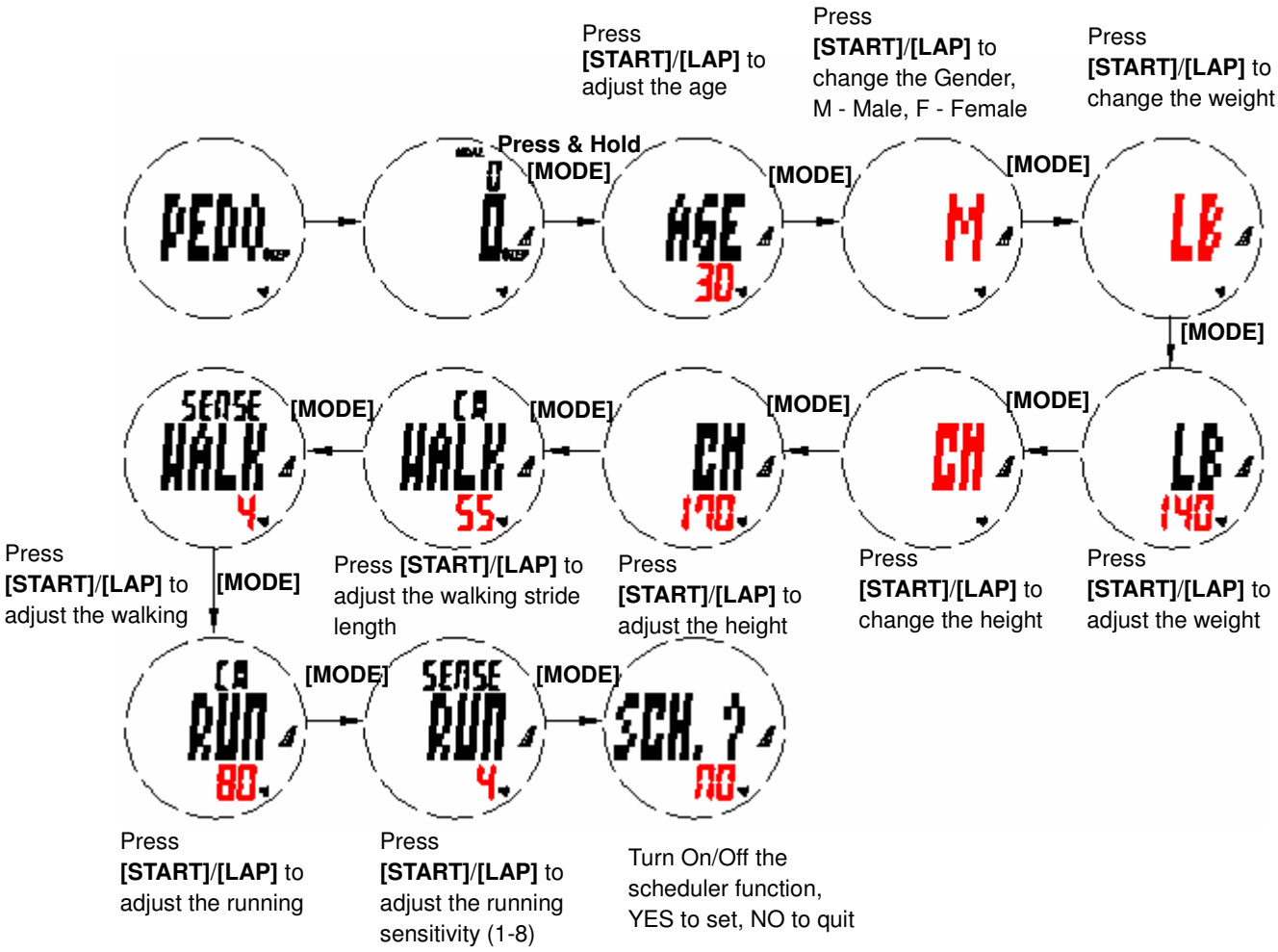
BUTTON	RESPRESENTATION NAME
BACKLIGHT/OPTION	OPTION
MODE	MODE
UP/+/START/STOP	START
DOWN/-/LAP/RESET	LAP

DISPLAY

1. Stopwatch Mode Indicator
2. Alarm Mode Indicator
3. Count Down Timer Mode Indicator
4. Pedometer Mode Indicator
5. Distance Traveled Indicator
6. Alarm On/Off Indicator
7. Beep Tone Indicator
8. Battery Low Indicator
9. PM Afternoon Time Indicator
10. AM Morning Time Indicator
11. KCAL Calorie Consumed
12. lb Fat Burn Unit
13. g Fat Burn Unit
14. AVG Average Value Indicator
15. KM Kilometer Indicator
16. MI Miles Indicator
17. KM/h Km per hour Indicator
18. MI/h Mile per hour Indicator
19. STEP Step Taken Indicator
20. FAT Fat Burnt Indicator
21. 1/100 second Indicator
22. 1/100 second Indicator

START USING THE WATCH (THE FIRST USE)

- After removing the packing, you can adjust the information stated on the watch if it needs.
- You adjust your personal information in the **PEDOMETER MODE** (PEDO) after the date and time are fixed.
- Press **[MODE]** to the **PEDOMETER MODE** (PEDO). Press & Hold **[MODE]** to enter setting, press **[START]** or **[LAP]** to adjust the settings and press **[MODE]** to jump to next screen:


Press **[START]**/**[LAP]** to adjust the age
Press **[START]**/**[LAP]** to change the Gender, M - Male, F - Female
Press **[START]**/**[LAP]** to change the weight
Press & Hold **[MODE]**
[MODE]
PEDO
AGE 30
M
LB
SENSE WALK 4
CA WALK 55
CM 170
CM
LB 140
Press **[START]**/**[LAP]** to adjust the walking
Press **[START]**/**[LAP]** to adjust the walking stride length
Press **[START]**/**[LAP]** to adjust the height
Press **[START]**/**[LAP]** to change the height
Press **[START]**/**[LAP]** to adjust the weight
CA RUN 80
SENSE RUN 4
SCH. ? NO
Press **[START]**/**[LAP]** to adjust the running
Press **[START]**/**[LAP]** to adjust the running sensitivity (1-8)
Turn On/Off the scheduler function, YES to set, NO to quit

- Press [START] after setting can immediately take place the measurement.

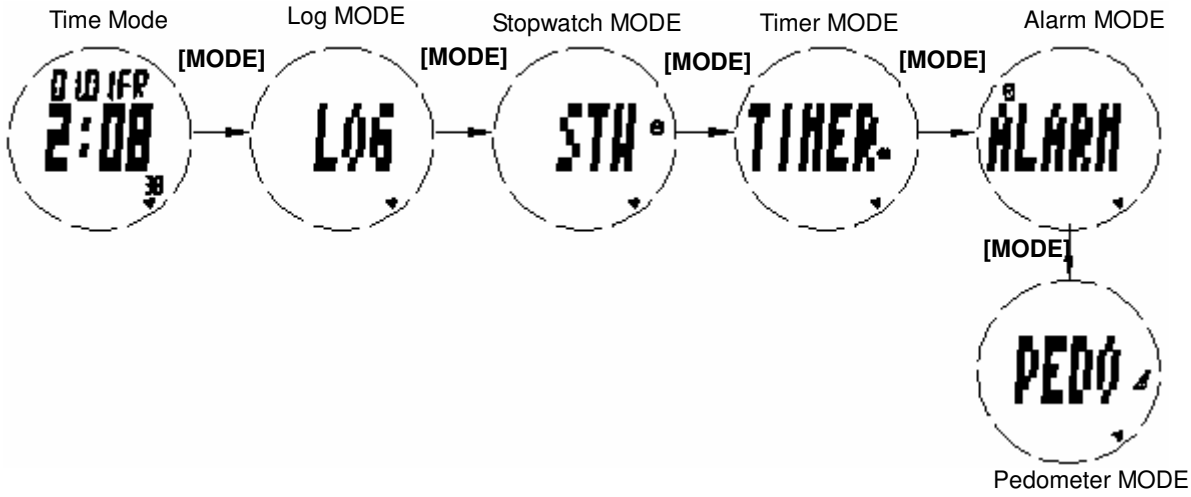
Note: The setting screen will quit automatically if there is no key pressing within 5 min

MODE SELECT

Pedometer Watch has totally 6 operation Modes:

- Time Mode
- Log Mode
- Stopwatch Timer Mode
- Count Down Timer Mode
- Alarm Mode
- Pedometer Mode

User can use **[MODE]** to choose, it includes TIME, LOG, STW, TIMER, ALARM and PEDO main screen.



GENERAL EDIT PROCEDURE

In some screens, user can adjust some settings according to its necessary.

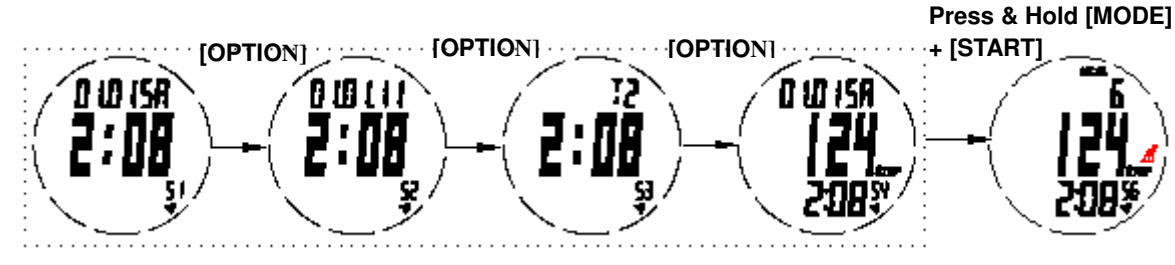
- Press and Hold **[MODE]** to enter the setting.
- Press **[START]** to adjust the blinking digit with an increase of 1, press and hold it to increase it faster.
- Press **[LAP]** to adjust the blinking digit with a decrease of 1, press and hold it to decrease it faster.
- Press **[MODE]** to jump to next screen.

Note：Setting screen will quit automatically if there is no key pressing within 5 minutes.

TIME MODE

- This is the first screen after the start up of the watch.
- It shows the default time, date and the day of the week.

- User can choose the desired view from the pre-defined time view format.
- Press **[OPTION]** to change the pre-defined time view format.
- Or press **[MODE] + [START]** to directly enter the pedometer mode to start its function.



The steps shown in the middle row is the today's total steps taken (Step taken through PEDO and Pedometer Scheduler)

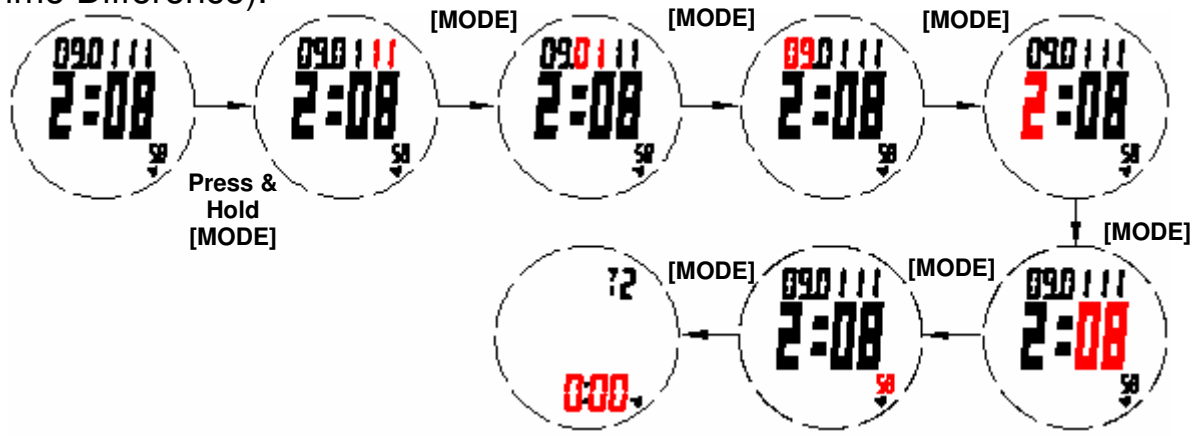
Press & Hold [MODE] + [START] to start counting

The below format shows various predefined time view format:

Time View Format	Operation
Display "Time", "Date" and "Day of the Week" Display "Year", "Month" and "Date" Display "Dual Time" Display "Time" and "Date (Include Date and Month)", "Day of the Week" and "Step Taken"	Press **[OPTION]** to change
Jump to the Pedometer mode and starts counting	Press & Hold **[MODE] + [START]**
12/24 Hour Format	Press **[START]** to change
Beep Sound On / Off	Press & Hold **[LAP]**

TO SET THE DATE & TIME

- Press & Hold [MODE] to enter the setting screen.
- The order of settings is: Year, Month, Date, Hour, Minute, Second and Dual Time (Time Difference).



- Press **[START]** or **[LAP]** to adjust the values.
- Press **[MODE]** to jump to next screen, press & hold **[MODE]** to confirm**.**

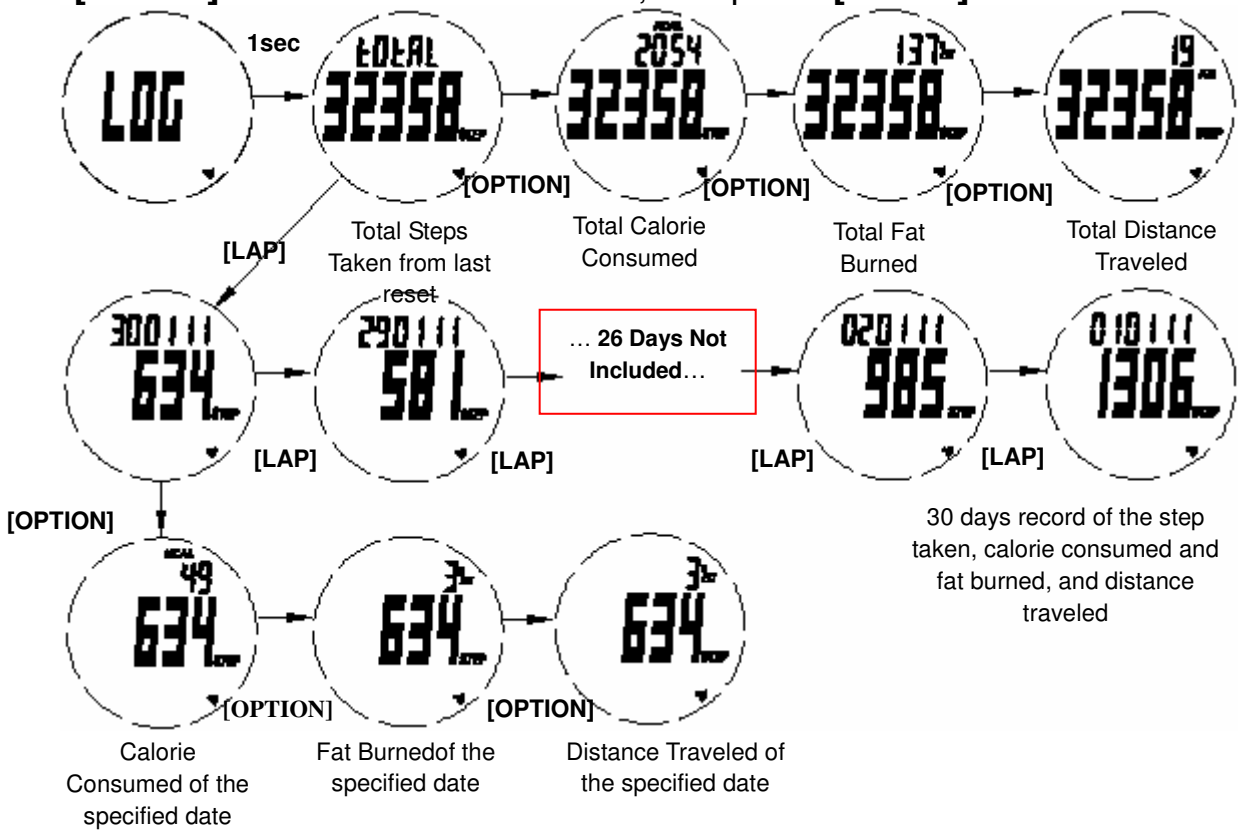
Note：The Gray colors values shown are values that are under blinking.

LOG

- User Log is to check back the user record - daily records and the cumulative record (TOTAL), it includes the PEDO and Pedometer Scheduler. Press **[OPTION]** to show the cumulative calorie consumed, cumulative fat burned, total distance traveled, running or walking speed and time.
- Press **[START]** or **[LAP]** to review the daily record of last 30 days, press **[OPTION]** to see the calorie consumed, fat burned, step taken and distance

traveled.

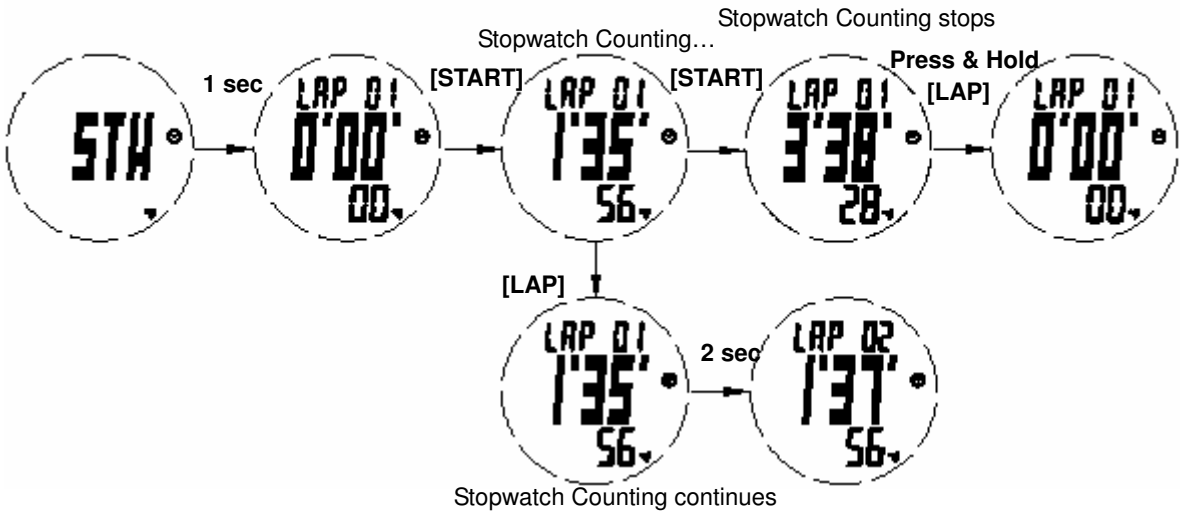
- Press & Hold **[LAP]** in the LOG screen will display “CLEAR YES” , press **[LAP]** or **[START]** to choose “YES” or “NO”, and press **[MODE]** to confirm.



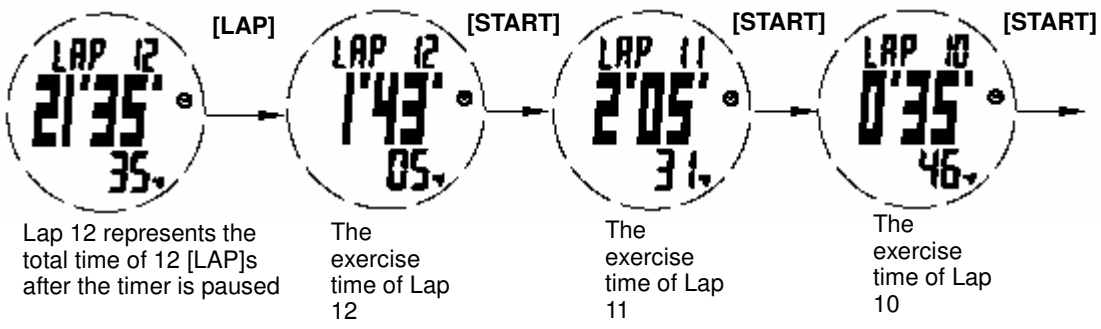
Note：You are required to pause the timer in order to clear the memory.

STOPWATCH TIMER

- Stopwatch timer is to perform lap taking and corresponding time counting(s).
- You can press **[START]** to start the counting at any time.



- Press **[LAP]** to show the “lap” time. It will automatically jump back to stopwatch counting after 2 seconds.
- Press **[START]** to stop the timer, press **[LAP]** to view the lap time record(s).
- Press **[START]** again to view corresponding lap time; maximum lap is up to 99.
- Press & Hold **[LAP]** to clear the memory record after the Stopwatch timer is paused.


[LAP]
[START]
[START]
[START]
Lap 12 represents the total time of 12 [LAP]s after the timer is paused
The exercise time of Lap 12
The exercise time of Lap 11
The exercise time of Lap 10

Note：This stopwatch timer is not able to count the step taken.

COUNT DOWN TIMER

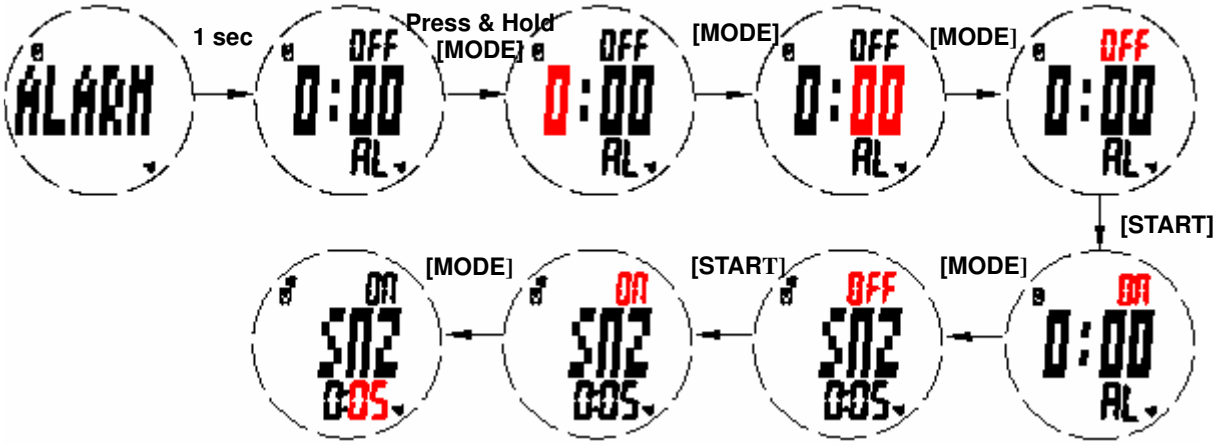
- You are requested to set the count down timer before using; the default count down time is set to 10 minutes.
- Press & Hold **[MODE]** to set the count down timer, press **[START]** or **[LAP]** to adjust the time. Press & Hold **[MODE]** again to confirm.

- Once the setting is finished, you can press **[START]** to perform the count down. Press **[START]** again to stop the counting.
- The alarm will beep for 10 seconds when the count down timer is finished, press any key to stop the alarm.
- Press & Hold **[LAP]** at any time after stopping the count down timer can perform the timer-reset function.

Note：This count down timer is not able to count the step taken.

TO SET THE ALARM TIME

- The Alarm is set to OFF; you are requested to set the alarm time before use.
- Press & Hold **[MODE]** to set the alarm time.
- Press **[START]** or **[LAP]** to adjust the time, press **[MODE]** to confirm and jump to next screen.
- Press **[START]** or **[LAP]** to activate / deactivate the snooze function.



Note: The alarm must set to ON in order to perform the snooze alarm setting.

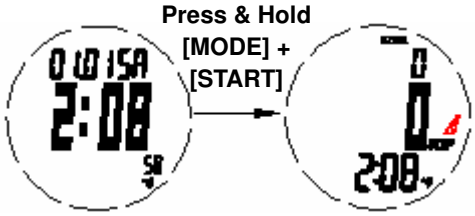
ALARM TIME ARRIVED

- The alarm sounds daily when the alarm function is set and time arrives, press ANY KEYS can stop the alarm sounds.
- If the snooze alarm is activated, press **[OPTION]**, **[START]** or **[LAP]** to confirm its reactivation. The alarm will sound again when the snooze time is arrived.
- Press **[MODE]** to turn off the snooze function during the snooze alarm sounds.

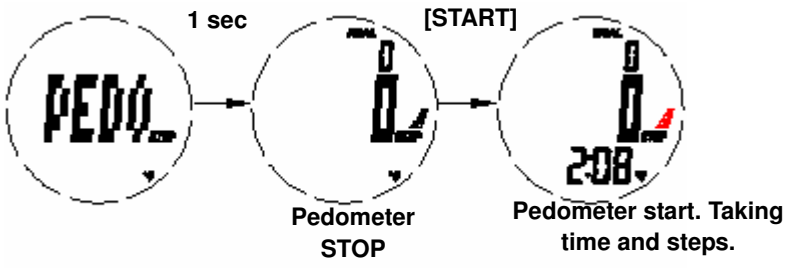
PEDOMETER

- Please refer to the setting in “START USING THE WATCH”.
- Press **[MODE]** to enter the pedometer mode, this is a manual style pedometer (PEDO). When the pedometer starts, the steps taken, calorie consumed, fat burned and distance traveled will be stored.
- Press **[START]** to start the pedometer, the icon will be flashed with the current time showing at the lower line.

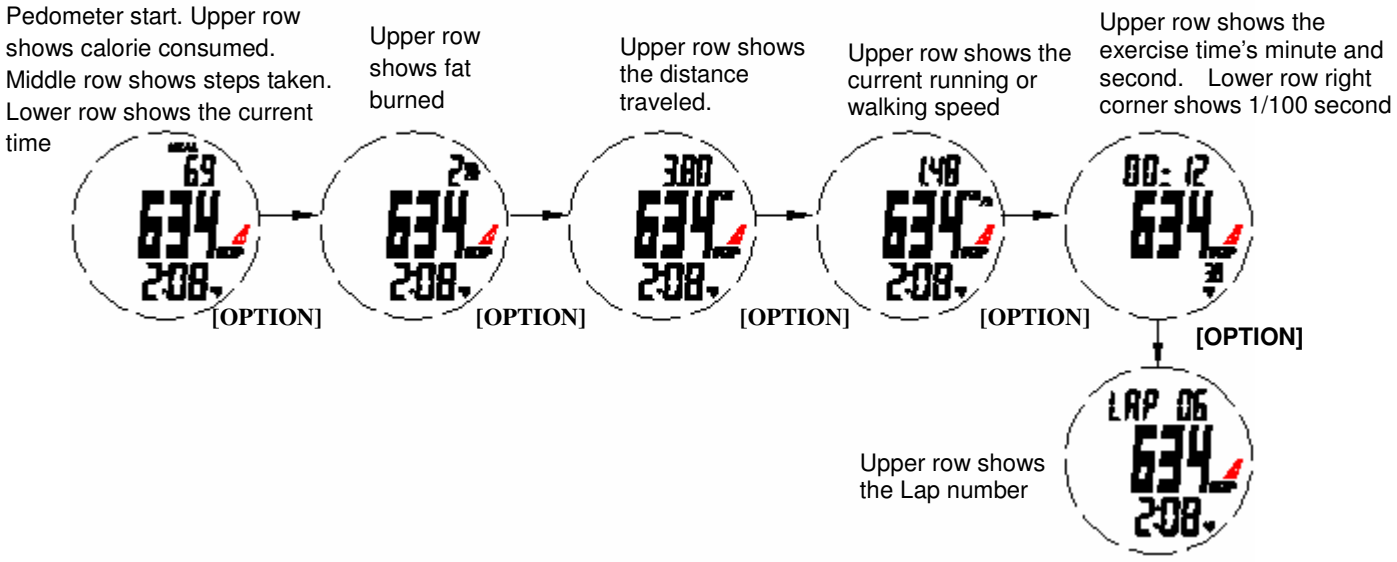
- Or Press & Hold **[MODE]+[START]** under the current time screen to enter the pedometer main screen directly.



- When the pedometer counts up to the four consecutive steps, a beep sound will be heard. The sound will stop up to maximum ten consecutive steps. You can confirm the suitability about the pedometer sensitivity. When the ten consecutive steps are taken, the watch will start to show the information on the screen.



- Press **[OPTION]** to view the current calorie consumed, fat burned, distance traveled, current running or walking speed, exercise time and no. of laps taken.


Pedometer start. Upper row shows calorie consumed. Middle row shows steps taken. Lower row shows the current time
Upper row shows fat burned
Upper row shows the distance traveled.
Upper row shows the current running or walking speed
Upper row shows the exercise time's minute and second. Lower row right corner shows 1/100 second
[OPTION]
[OPTION]
[OPTION]
[OPTION]
[OPTION]
Upper row shows the Lap number

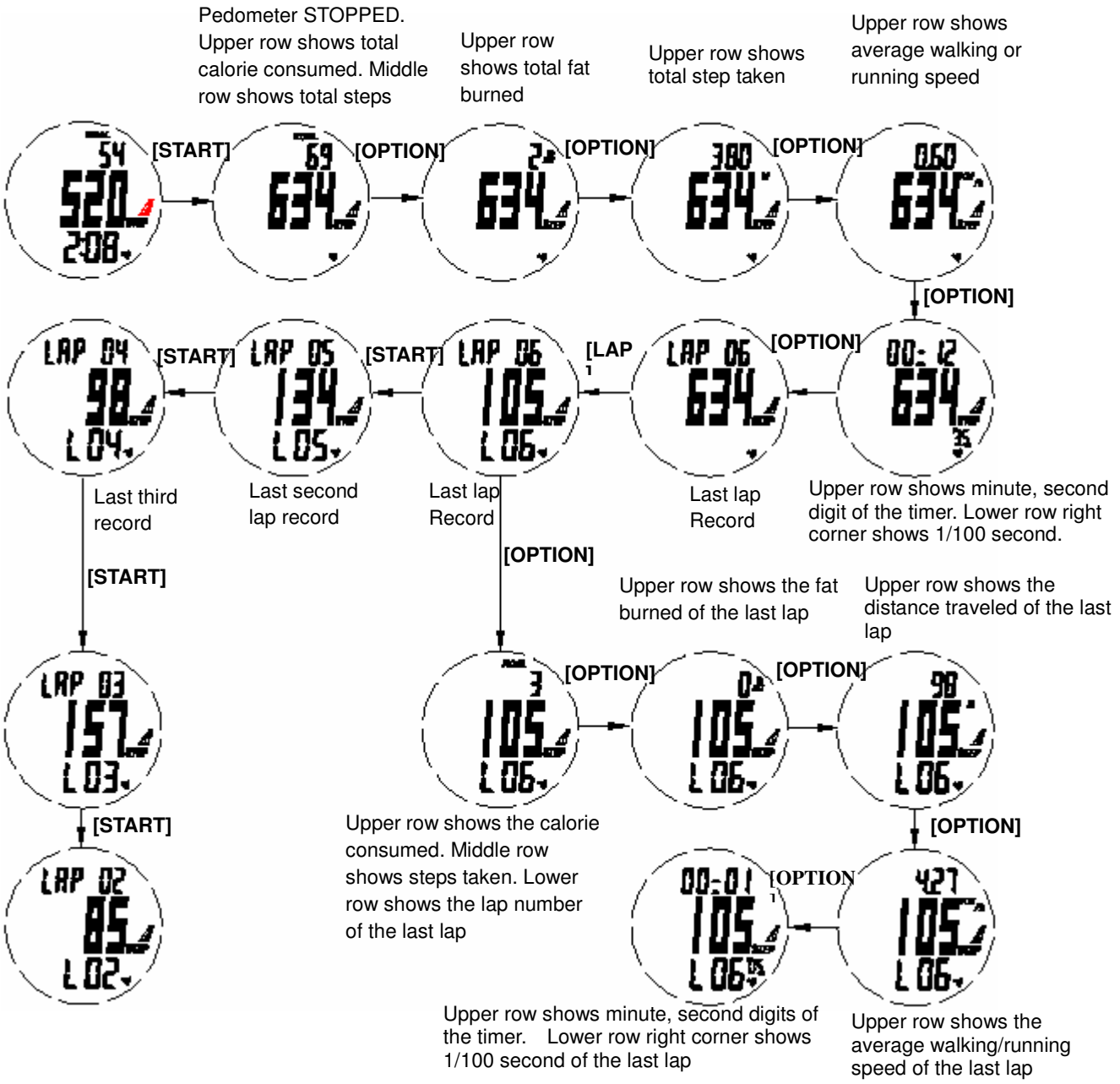
- Press **[START]** to pause the pedometer, the icon will not flashed and the current time will not be shown.
- The lap record will be stored when press **[START]** to pause or **[LAP]** to split, under the pedometer counting is started. It can store maximum up to 99 lap records.

Note : 1/ If you are stopped to view your current running or walking speed, the speed will drop to zero within 5 seconds. It is because you are stopped and have no actual running or walking speed.
2/ You cannot view the change of the steps taken when you withstand your arm during exercise. However, it will keep counting again when the arm swing again.

PEDOMETER RECORD (SINGLE EXERCISE DATA)

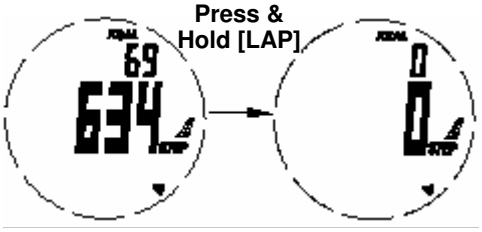
- If you would like to view the stored data, you are required to press **[START]** to stop the counter.
- Press **[OPTION]** to view cumulative calorie consumed and fat burned, total distance traveled, average running or walking speed, total exercise time and steps, and no. of laps taken.
- Press **[LAP]** to display the information of specified lap.
- It is based on first-in last-out order to show the record. Press **[OPTION]** to show the cumulative calorie consumed, fat burned, distance traveled, running or walking speed, exercise time and step taken of the last lap. Press **[START]** to display the information of last second record.

- Press **[LAP]** will return to the main screen.


Pedometer STOPPED. Upper row shows total calorie consumed. Middle row shows total steps
Upper row shows total fat burned
Upper row shows total step taken
Upper row shows average walking or running speed
[START]
[OPTION]
[OPTION]
[OPTION]
[OPTION]
[START]
[START]
[LAP 1]
[OPTION]
Last third record
Last second lap record
Last lap Record
Last lap Record
Upper row shows minute, second digit of the timer. Lower row right corner shows 1/100 second.
[START]
[OPTION]
Upper row shows the fat burned of the last lap
Upper row shows the distance traveled of the last lap
[OPTION]
[OPTION]
[START]
[OPTION]
Upper row shows the calorie consumed. Middle row shows steps taken. Lower row shows the lap number of the last lap
[OPTION 1]
Upper row shows minute, second digits of the timer. Lower row right corner shows 1/100 second of the last lap
Upper row shows the average walking/running speed of the last lap

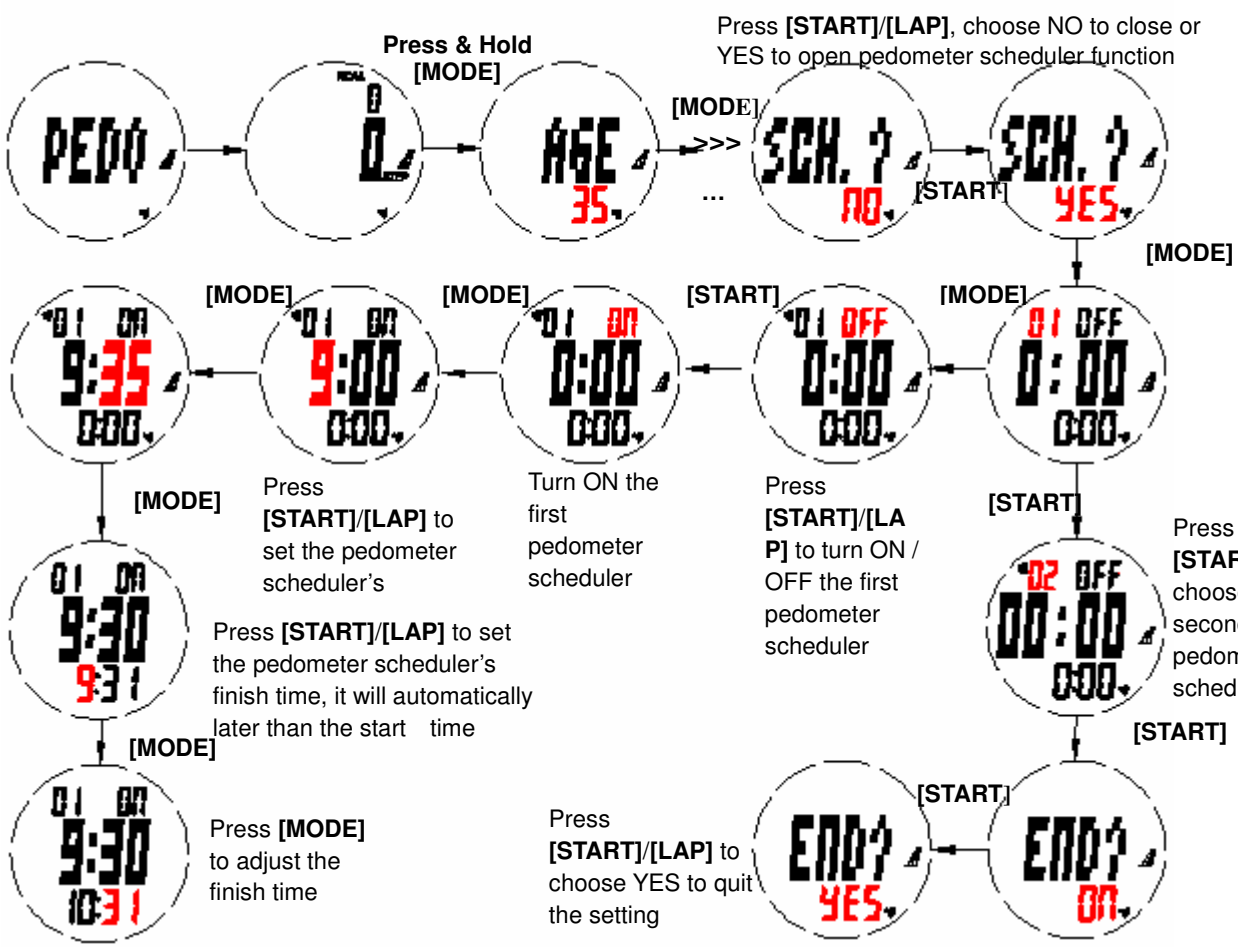
PEDOMETER MEMORY CLEAR

- Press & Hold **[LAP]** after the pedometer timer is paused will erase the memory record



PEDOMETER SCHEDULER

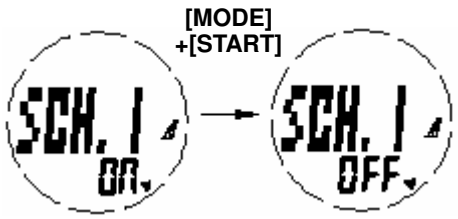
- Pedometer scheduler is to schedule the time(s) to turn on the pedometer function. It will record the information like steps taken etc. You can set ON this function in order to record your exercise information periodically.
- It allows maximum four schedules setting per day.


Press & Hold [MODE]
Press [START]/[LAP], choose NO to close or YES to open pedometer scheduler function
[MODE]
>>>
...
[START]
[MODE]
[MODE]
[MODE]
[START]
[MODE]
[MODE]
Press [START]/[LAP] to set the pedometer scheduler's
Turn ON the first pedometer scheduler
Press [START]/[LAP] to turn ON / OFF the first pedometer scheduler
[START]
Press [START]/[LAP], choose first or second pedometer schedule
Press [START]/[LAP] to set the pedometer scheduler's finish time, it will automatically later than the start time
[START]
[MODE]
Press [MODE] to adjust the finish time
Press [START]/[LAP] to choose YES to quit the setting
[START]

Note： Data ">>>" means the elimination of some in-between screens.

- When the Start time of the pedometer scheduler is arrived, the pedometer will automatically turn ON and jump to "SCH.1 ON" screen. Press any key to continue and return to the current time screen. Those recorded information will store into the log mode. It will jump to "SCH.1 OFF" screen when the pedometer scheduler is finished.

- Or when the pedometer scheduler turns ON and jumps to "SCH1. ON" screen, press **[MODE]** + **[START]** to cancel this automatic function, and return to the current time screen.



Note：Data from the Pedometer Scheduler function will not store into the pedometer's record, but store directly into the LOG record.

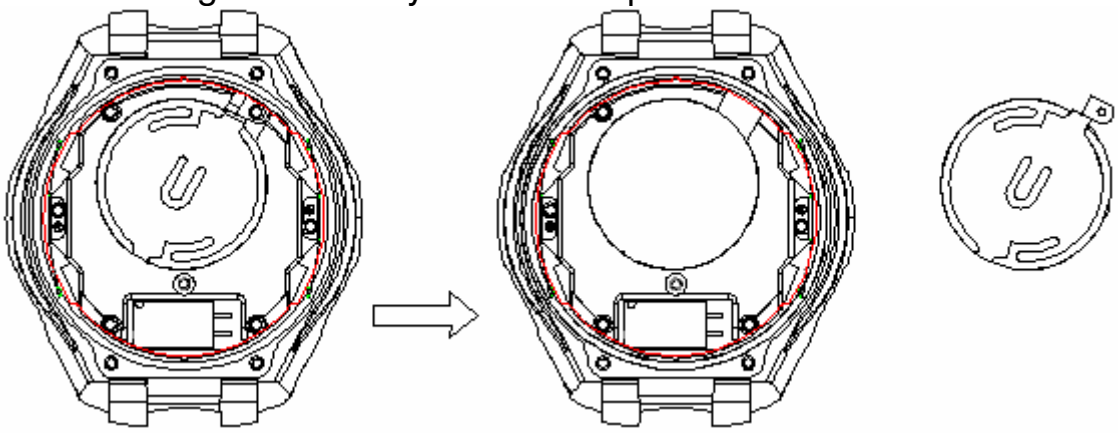
BACKLIGHT

- You can press & hold **[OPTION]** for half second to turn on the backlight. If there is no key pressed within 3 seconds, the backlight will be turned off.

BATTERY CHANGE

*** In order to avoid any damage, you are strongly advice to change battery in Authorized Service Center**

- A Battery-Lo icon will turn ON when the battery level is low. Under these circumstances, the backlight and alarm sounds will be OFF too in order to lengthen the battery lifetime.
- User should change the battery as soon as possible under this condition



- Use a screwdriver to open the bottom case.
- Change the battery and cover back the bottom case.
- Please make sure all the parts e.g. Gasket and screws are installed properly after the new battery is replaced.
-

PRECAUTIONS

- The content of this user manual is subject to change without notice.
- The product is supposed to resist raindrops, water splash as well as showering only.
- Ensure the buttons and battery compartment are secured and intact before exposing the watch to excessive water.
- Avoid pressing the buttons while in the water or during heavy rainstorms, as this may cause water to enter the watch, leading to malfunction.
- Interference may happen when the user is near high voltage power lines, mobile phone, television, computer, trams and motor driven equipments. Heart rate measurement accuracy may be affected
- The use of this device is for sport purposes only which is not meant to replace any medical advice.
- Non-rechargeable and rechargeable batteries must be disposed of properly.
- To reduce the risk of fire or burns, do not dispose the device of in fire.
- Manufacturer and its supplier will not be responsible for any loss, damages, expenses, lost profits and lost savings by using this product.

TECHNICAL SPECIFICATION

Watch

- Water Resistance: 30m / 100ft (Not intended for swimming or diving)
- Battery: CR2032

Clock

- Resolution: 1 second
- Time Format: Hour, Minute, Second, AMPM
- Date Format: 12 or 24 Hour Format
- Calendar Format: 2011 to 2099Year: Month, Date, Day of the Week

Alarm

- Daily Alarm or Snooze Alarm
- Alarm Time: 30 seconds

Pedometer

- Step Range: 0-99999 steps
- Exercise Time Range: 99:59:59 Hour
- Distance Traveled: 0-9999.99 km / 0-621 miles
- Calorie Consumed Range: 0-99999kcal
- Far Burned Range: 0-28.79lb / 0-12959 gram
- Pedometer Scheduler: 4 x 2 hours interval
- Daily Record: 30

Stopwatch Timer

- Resolution: 1/100 second
- Chronograph Range: 99:59:59.99

Count Down Timer

- Resolution: 1 second
- Count Down Range: 23:59
- Consecutive Alarm Beep: 10 seconds

Preset User Information

- Gender：Male
- Age： 35
- Weight： 60KG
- Height：170cm
- Stride Length(WALK)：0.55m
- Walking Sensitivity(SENSE)：4
- Stride Length(RUN)：0.80m
- Running Sensitivity：4